

Creating Strong Families

A research-based training program that helps professionals help families develop their strengths

Satellite training — 1-3 p.m., April 20

"Families are the basic, foundational units in society. Therefore, healthy individuals within healthy families are at the core of a healthy society."

— John DeFrain, Family Strengths Researcher

Real Tools for Real Families

During the past 30 years, researchers led by John DeFrain, professor and Extension Family and Community Development Specialist at the University of Nebraska—Lincoln, have focused on families who believe they have successful marriages and strong families.

This research has resulted in a national family strengths program, Creating Strong Families. The training program is designed to help professionals empower families to assess their own strengths and access resources that can make them stronger. Concepts to be covered include:

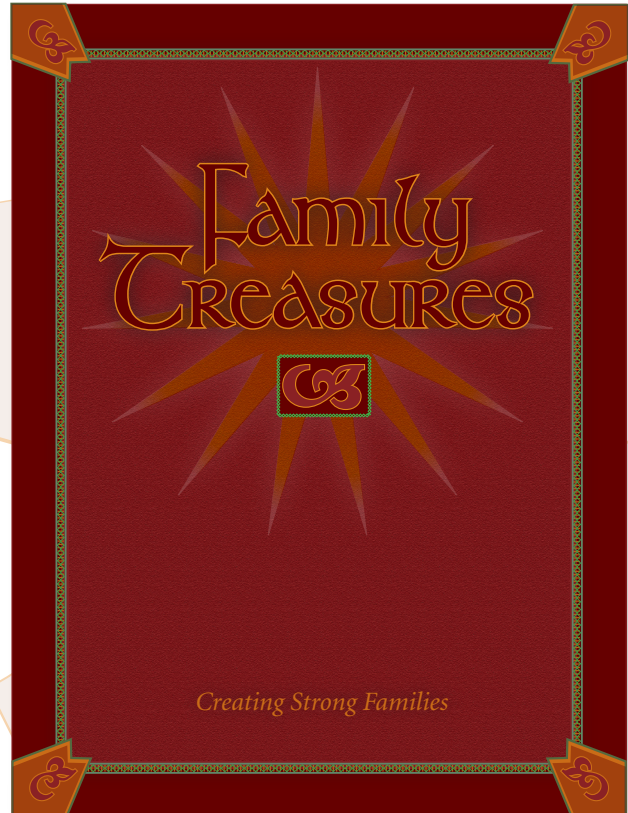
- Background of family strengths research
- Using the Building Family Strengths Inventory
- Resources and best practices available for building family strengths
- Assessing progress and celebrating successes.

Family Treasures — Creating Strong Families

In addition, this program will debut the newly developed book *Family Treasures — Creating Strong Families*. This is a hard-cover edition that includes background about family strengths research, inventories for family members to use in assessing their strengths, and activities that can be used by families of all types as they try to build upon their assets.

Training Details

- Date: Thursday, April 20, 1-3 p.m. Central Standard Time
- The training program will be offered via satellite on both KU Band and C Band.
- Registration cost for an entire state with an unlimited number of downlink sites is \$2,000. Save \$500 by



registering by March 10. Ten copies of the book are included.

- Registration for an individual site is \$175, which includes one free book. Save \$25 by registering by March 10.
- With registration, participants receive access to a password-protected Web site that has press releases to recruit local participants, sample activities from the book, handouts that will be used during the training and additional resources.

Additional Information

For more information about program content, contact Kathleen Lodl at klodl@unl.edu or (402) 472-9012. To register contact Betty at 1-800-755-7765.